



# Acton Senior Bulletin

April 2012



The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am-5pm. Telephone number is 978-929-6652.

Please send all COA mail to: Acton COA, Town Hall, 472 Main St., Acton, MA 01720

Visit the COA website at [www.acton-ma.gov](http://www.acton-ma.gov). Go to Government, then down to Council on Aging.

**Registration for all classes/programs begins in person or by phone Monday, April 2<sup>nd</sup> at 1:00.**

## ► History of the Supreme Court: Part 1 with Gary Hylander



**Mondays, April 9<sup>th</sup>, 23<sup>rd</sup> and May 7<sup>th</sup>, 1:00-2:00**

Dr. Gary Hylander is back to offer another informational and entertaining program! Almost every major problem in American history has found its way to the Supreme Court. Join us as we investigate how Justices, in their efforts over the years to secure “the blessings of liberty” for Americans, have interpreted the broadly worded language of the Constitution.

**April 9<sup>th</sup>:** Before John Marshall took over as the nation’s fourth Chief Justice, there was not much for members of the Court to do except ride circuit. It was Justice Marshall in *Marbury v. Madison* who established the concept of judicial review and for the Court “to say what the law is.”

**April 23<sup>rd</sup>:** With the end of the War Between the States in 1865, two major issues engaged the Supreme Court: the place of newly emancipated African-Americans in society and the economic impact of the nation’s rapid transition from an agrarian nation to an industrial powerhouse. Questions such as the intent of the Civil War amendments, rights of labor and the extent of the regulatory authority of state and federal government became new concerns for the Court.

**May 7<sup>th</sup>:** Midway through the Depression, the Supreme Court finally moved into its own building adjacent to the Library of Congress. New Dealers were determined to try new ideas and apply new solutions to resolve the crisis of the Depression years. Initially the Court responded cautiously to the boldness of New Dealers, and President Roosevelt embarked on a controversial “court-packing plan” to bring the Court in line with the New Deal.

*Dr. Gary Hylander, Ph.D., is a Professor of American History at Stonehill College in Easton where he specializes as a Presidential Historian.*

## ► Common Threads: Nine Poets and a Wealth of Readers

**Thursday, April 26<sup>th</sup>, 1:00-2:00**

Ten thousand people in Massachusetts will read 9 poems in April. Will you be one of them?! The COA is pleased to take part in the second annual Massachusetts Poetry Festival, celebrating the beauty of poetry. Don McLagan from the Concord Poetry Center will facilitate and discuss this year’s poems, all written by Massachusetts poets. They include Emily Dickenson’s *Tell All the Truth but Tell it Slant* and *Baseball* by Gail Mazur. Copies of poems will be available ahead of time at the COA reception area.



**Director’s Corner:** Annual Town meeting will be begin Monday, April 2 at 7:00 pm. I encourage people to attend as this is your opportunity to decide what you feel is best for your Town. The MinuteVan will be providing free transportation to Town meeting for seniors and others in need. For more information, please see page 12. The warrant includes contact information if you have questions regarding certain articles. Hope to see you there, Sharon, COA Director

Index	Page
Programs Highlights	2
Trips	3
Classes	4
Dining Opportunities	4
Exercise	5
Senior Cinema	6
Outreach & Support Services	6
Volunteer Opportunities	6
Ongoing Activities	7-8
Thank You...	8
Transportation	8
Fuel Assistance	9
Around Town and Beyond	9
Calendar	11
Clinics	12
Friends of the COA	12

## UPCOMING PROGRAM HIGHLIGHTS

**FOR APRIL.....REGISTRATION BEGINS MONDAY, APRIL 2<sup>nd</sup> at 1:00**

### **Ask the Nurse with Mindy Bloom, RN, BSN**

***April 2<sup>nd</sup>, 4<sup>th</sup> and 9<sup>th</sup>, 9:00-11:30***

Do you have questions about the medications you are on or need help with writing down your current medication list and/or File of Life card? Do you wonder what questions you should be asking your primary care doctor or how to access on-line medical resources? Mindy is happy to help with these and any general medical questions.

### **► Planning for Medicare - “Countdown to 65”**

***Tuesday, April 3<sup>rd</sup>, 6:00-7:15 p.m. (Call now as registration has already started.)***

What happens to my insurance if I retire younger than 65 or if I work past 65? What about coverage for my spouse? What does Medicare cover? What is the difference between a Medicare Supplement plan and a Medicare Advantage plan? Heather Hurd from BCBS of MA explains COBRA as well as the Direct-Pay health plan options available before Medicare. Also covered are the health plan options available once a person does have Medicare. A question and answer session will follow. All are welcome regardless of your insurance coverage.

### **File of Life Talk with Mindy Bloom, RN, BSN**

***Monday, April 9<sup>th</sup>, 12:30-1:00***

A File of Life card will help your local first responders quickly obtain your medical history, support needs and emergency contact information in the event of an emergency. It could help save your life. Mindy will explain about the File of Life card and be available to help fill out the card if needed.

### **► The Big Secret: Living a Life with Digestive Problems**

***Wednesday, April 11<sup>th</sup>, 10:45-11:45***

Join Mary-Angela DeGrazia-DiTucci, President and Founder of the Association of Gastric Motility Disorders, for a talk about gastrointestinal motility disorders - what they are and what are some helpful strategies for patients. Examples of motility disorders include: chronic intestinal pseudo-obstruction (CIP), gastroparesis, irritable bowel syndrome (IBS), gastroesophageal reflux disease (GERD), and diffuse esophageal spasm (DES). Ms. DeGrazia-DiTucci will share resources to help you live life as fully as possible. For more visit [www.agmd-gimotility.org](http://www.agmd-gimotility.org).

### **► African Safari Wildlife Slideshow and Discussion**

***Thursday, April 12<sup>th</sup>, 1:00-2:00***

Acton's Don Southall, a birder, naturalist and outdoorsman for over 60 years, has focused on wildlife photography for several decades. He will show spectacular photos from his many African Safari trips and will also share his ideas on how to plan a safari for a fraction of the price tour companies charge.

### **► Free Hearing Screenings**



***Friday, April 13<sup>th</sup>, 10:00-12:00***

Join a representative from Mass Audiology Personal Hearing Systems for a free hearing screening. A hearing aid clean and check is also available. Appointments will take 15 minutes.

### **► Calcium and Bone Loss**



***Wednesday, April 18<sup>th</sup>, 12:15-1:15***

There are 206 bones in the human skeleton--it is the body's living framework. Not only does the skeleton support the bdy, it protects vital organs. The bones contain more than 99% of the body's calcium, the most abundant mineral in the body. Home Instead Senior Care and Whole Foods are proud to offer a lecture to discuss the intake of calcium in substantially decreasing bone loss during aging. Dessert will be served.

### **National Healthcare Decisions Day**

***Friday, April 20<sup>th</sup>, 10:00-11:30***

Mindy Bloom, RN, BSN will be available in the dining room with resources available to answer questions about Advance Healthcare planning.

**► Indicates that you must register in advance!**



## TRIPS



**FOR APRIL.....REGISTRATION BEGINS MONDAY, APRIL 2<sup>nd</sup> at 1:00**

### ► **Art in Bloom at the Fitchburg Art Museum**

**Friday, May 4<sup>th</sup>, leave NARA Park Lower Lot at 12:15**



Celebrate spring at *Art in Bloom* at the Fitchburg Art museum, which features floral arrangements inspired by the museum's paintings, sculpture and African fabrics. The museum has 12 beautifully designed galleries that feature American, European, African, Egyptian, Greek, Roman, Asian and Pre-Colombian art. We are taking a 14-passenger van (no restroom on board) for the 35 minute ride to the museum. There will be docents available to give guided tours or you may explore the museum on your own. Either eat an early lunch or bring a lunch to eat at the museum; there is no café on the grounds.

**Depart: 12:15 p.m. from NARA Lower Lot; Approximate return time: 3:30**

**Cost: \$15 due by Friday, April 20<sup>th</sup>, includes museum admission and van transportation**

### ► **Berkshires Trip - Edith Wharton's Mansion "The Mount" Tour and Lunch at the Red Lion Inn**

**Wednesday, May 30<sup>th</sup>, leave NARA Park Lower Lot at 9:00**

We will start our day in the beautiful Berkshires with lunch at the historic Red Lion Inn in Stockbridge. Lunch will be a choice of Chicken Pot Pie or Yankee Pot Roast and salad, fruit crisp, coffee/tea. Then it's off to The Mount in Lenox for a one-hour guided tour of Edith Wharton's turn-of-the-century summer home. The three floors are accessible by stairs or elevator. After the tour, you will have time to explore the formal gardens on your own and visit the gift shop. Wharton's 150<sup>th</sup> birthday is being celebrated at the mansion this year, and there is a special exhibit on her books that were adapted for stage and screen. When you register, please indicate your entrée choice.

**Depart: 9:00 a.m. from NARA Lower Lot; Approximate return time: 5:45**

**Cost: \$58 due by Tues., April 3<sup>rd</sup>, includes house and garden tour, lunch, coach bus transportation (w/restroom on board), and all gratuities.**

### ► **Daffodil Days and Tour of Blithewold Mansion**

**Wednesday, April 18<sup>th</sup>, leave NARA Park Lower Lot at 8:30** (Trip is full. Call for waitlist.)



Enjoy a guided tour of the English-style manor house and spectacular grounds of Blithewold in Bristol, Rhode Island. Please note that only the first floor of the mansion is handicapped accessible; the only access to the upper levels is by stairs. The garden paths are gravel and there are benches throughout. Lunch will be at the Lobster Pot Restaurant.

**Depart: 8:30 a.m. from NARA Lower Lot; Approximate return time: 4:30**

**Cost: \$58 due by Tues., April 3<sup>rd</sup>, includes the tour, lunch, bus transportation (w/restroom), and all gratuities.**

### **COUNCIL ON AGING TRIP POLICIES:**

1. Please call the COA office at 978-929-6652 to make trip reservations before sending in your check.
2. Payment is due as specified in each description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you find someone to go in your place.
3. Make checks out to: Friends of the Acton COA. Drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton, MA 01720. Make a separate check for each trip. Checks are cashed after the trip occurs.
4. **Parking for trips is at NARA Park in the Lower Lot, unless otherwise noted.** Take Main Street/Route 27 North, left on Ledge Rock Way and park in the lower lot near the bath houses/beach.
5. Call COA Director, Sharon Mercurio, 978-929-6652, for financial assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips. New cards are available in the COA office.

► **Indicates that you must register in advance!**

### **Senior Center Art Exhibit**



For April we are proud to present a show of work by our seniors who participate in Cynthia Durost's Wednesday morning watercolor class. The works are as varied as the artists themselves and represent a broad spectrum of interests and experience, each with a unique story to tell. This is a one-month show so please call the COA office soon for viewing times.

## CLASSES

**FOR APRIL.....REGISTRATION BEGINS MONDAY, APRIL 2<sup>nd</sup> at 1:00**

### ► **Watercolor Class with Sue Nordhausen**

**Tuesdays, April 3<sup>rd</sup> through May 8<sup>th</sup>, 1:30-3:00** (Call now as registration has already started.)



Encouragement geared toward experienced watercolor artists on both class and individual projects. Areas covered include composition, color qualities, and light and dark values. Each class includes a demonstration by the instructor. Materials list available in the COA office. *Sue has taught watercolor classes (her favorite medium) here for nine years, after a career of teaching a variety of art media in the public schools. She has an Art Ed degree from UNH and continues to take classes and workshops with nationally known artists.*

### ► **Watercolor Studio Workshop with Cynthia Durost**

**Wednesdays, April 11<sup>th</sup> through June 13<sup>th</sup>, 9:00-10:30**



Join this watercolor studio workshop and be inspired! Explore landscapes and still life, work on new or old projects, and engage in the joy of painting in watercolor. Group and individual work and guided and shared critique are part of this art experience. Beginners welcome! A supplies list is available in the COA office. *Cynthia is an impressionistic watercolor artist with a strong commitment to offering art in the community for students from age 3 to 100 and has been teaching at the Senior Center for 13 years.*

► **Indicates that you must register in advance!**

## **Dial-a-Lawyer through the Massachusetts Bar Association**

**First Wednesday of each month, 5:30pm-7:30pm**

Attorneys volunteer at the MBA's Boston headquarters to provide free, basic legal information by phone. Examples of the types of questions asked are those regarding family law, bankruptcy, real estate, labor and consumer rights. Call toll free 877-686-0711.

## DINING OPPORTUNITIES

**FOR APRIL.....REGISTRATION BEGINS MONDAY, APRIL 2<sup>nd</sup> at 1:00**

**\*\*Please sign up in the COA office for the following meals:**

### ► **Town Employee Home Cooked Lunch**

**Monday, April 9<sup>th</sup>, 11:45**

The Conservation Department will be preparing pasta, meatballs, salad and desert. A \$3 donation is requested.

### ► **Inn at Robbins Brook Lunch**

**Tuesday, April 17<sup>th</sup>, 11:45**



A ham lunch will be served. A \$3 donation is requested. You must sign up for this meal in the COA office at least a week prior to the date.

### ► **Monthly Breakfast with Talk on the Acton Water District**

**Friday, April 20<sup>th</sup>, 9:00-10:00**

Join us for a warm, plentiful breakfast! Typically pancakes are served, but sometimes our chef, Veteran Services Officer James MacRae, will have a surprise in store. At 9:30, learn about the history of the Acton Water District, which is celebrating its 100<sup>th</sup> Anniversary, and its future plans. Call the COA by Wednesday, April 18<sup>th</sup> for a reservation. Cost is \$2.00.

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**\*\*Please sign up in the Dining Room with Joy for the following meals:**

► **Minuteman Lunches** are served weekdays at 11:45. Voluntary donation is \$2. To sign up call 978-263-5053 by 10:30 the day before. Lunch is free to those celebrating a birthday each month courtesy of the Friends of the COA.

**Birthday and Special Spring Lunch: Wednesday, April 11<sup>th</sup>**

► **Indicates that you must register in advance!**



## EXERCISE

**FOR APRIL.....REGISTRATION BEGINS MONDAY, APRIL 2<sup>nd</sup> at 1:00**

**Only Zumba is registering this month for a new session; see each class listing regarding availability.**

► **Zumba® & Stretch Class with Instructor Yvonne Benelli**

*Fridays, April 27<sup>th</sup> through June 29<sup>th</sup>, 10:00-10:45 (No class on June 1<sup>st</sup> and 22<sup>nd</sup>)*

Join the party! Zumba® uses Latin-inspired music, rhythms and dance steps to create "exercise in disguise." This cardio-based workout is designed to tone and loosen the entire body. Floor work (extra stretching) is optional and done at the end of the class. Yvonne has adjusted the class in response to student needs by offering simpler movement options and adding a stretch segment. Exercise at your own pace and intensity levels. Bring an exercise mat if doing floor work. This class is funded by a grant from the Executive Office of Elder Affairs, which requires the COA to ask for donations--\$10 for the session is suggested. ***The last class for the current session of Zumba is Friday, April 13<sup>th</sup> at 10:00. There is no class on April 9<sup>th</sup>.*** Yvonne Benelli is a certified Zumba and Stott Pilates instructor. She holds an MS in Clinical Exercise Physiology, a BS in Physical Education and has been teaching fitness classes and American Red Cross CPR/First Aid for over 30 years.

► **"Stretch and Flex" with Terri Zaborowski**

*Mondays, April 2<sup>nd</sup> through June 11<sup>th</sup>, 8:30-9:30 (No class 4/16 & 5/28) (Class is full. Call for waitlist.)*

► **"Senior Cardio-Flex" with Terri Zaborowski**

*Tuesdays and Thursdays, April 3<sup>rd</sup> through June 14<sup>th</sup>, 8:30-9:30 (Class is full. Call for waitlist.)*


*or Wednesdays and Fridays, April 4<sup>th</sup> through June 15<sup>th</sup>, 8:30-9:30 (Class is full. Call for waitlist.)*

► **"Senior Stretch, Flex, Tone and Cardio" with Terri Zaborowski**


*Tuesdays and Thursdays, April 3<sup>rd</sup> through June 14<sup>th</sup>, 9:45-10:45*

This class offers all the same muscle toning and strengthening benefits of the 8:30 class, with the option to stay at the end for a 10-15 minute aerobic segment. All strength training can be done standing or sitting in a chair. Bring your own hand weights or use those available at the Senior Center.

► **Tai Chi for Beginners with Taoist Tai Chi Society Instructors**

 *Tuesdays, April 3<sup>rd</sup> through June 12<sup>th</sup>, 11:00-12:00*  
This class is available to current participants or others with Taoist Tai Chi experience.

► **Continuing Level Tai Chi Class with Ray Caisse of the Taoist Tai Chi Society**

 *Thursdays, April 5<sup>th</sup> through June 14<sup>th</sup>, 11:00-12:00*  
This class is available to participants from the ongoing class or to others with Taoist Tai Chi experience.

► **Yoga Class with Patsy Brightman**

*Wednesdays through June 27<sup>th</sup>, 10:45-12:00 (No class 4/11) (Class is full. Call for waitlist.)*

► **Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell**

*Wednesdays, April 4<sup>th</sup> through June 14<sup>th</sup>, 10:00-10:30, living room*

*Thursdays, April 5<sup>th</sup> - June 15<sup>th</sup>, 11:00-11:30, dining room (Class is full. Call for waitlist.)*

All the exercises aim to increase strength, balance and coordination. This low-impact program is best suited for people getting little or no physical activity. **Come observe class on April 4<sup>th</sup> to see if it's for you!**

► **Acton Striders Walking Group**

*Mondays, April 2<sup>nd</sup>, 9<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>, 12:30-1:15 at the Senior Center with Judy*

*and/or Wednesdays, April 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, 8:45-9:30 at NARA Park with Liz*

Join us for a 1 or 2 mile energetic walk. If the weather is questionable call us to see if we're walking.

► **Indicates that you must register in advance!**

**Acton Senior Bulletin Calendar** – No, it's not your eyes getting worse! The font size was made just a little bit smaller so we could fit all the activities on the calendar. So much is going on here it's hard to fit it on the page!



## SENIOR CINEMA



*Note: Due to the closing of local video stores, it may occasionally be necessary to make movie substitutions. You may call the office to confirm the selection on movie days.*

**Friday, April 6<sup>th</sup>, 12:30-2:10, “The Big Year,”** (2011, PG) – Two bird enthusiasts (Steve Martin and Jack Black) try to defeat the cocky, cutthroat world record holder (Owen Wilson) in a year-long bird-spotting competition.

**Thursday, April 19<sup>th</sup>, 12:30-1:50, “John Wayne’s Tribute to America,”** (1970) – Celebrate Patriots’ Day by watching this patriotic journey through American history with music, comedy and skits. Wayne’s guests include Jack Benney, Bob Hope, Ann-Margret, Red Skelton, Lucille Ball, Phyllis Diller, and Bing Crosby.

**Friday, April 20<sup>th</sup>, 12:30-2:35, “Hugo,”** (2011, PG) – Set in 1930s Paris, an orphan secretly living in a train station is wrapped up in a mystery involving his late father and an automaton. Nominated for 11 Academy Awards with 5 wins including best cinematography.

**Friday, April 27<sup>th</sup>, 12:30-2:10, “My Week with Marilyn,”** (2011, R for language and partial nudity) – During the shooting of *The Prince and the Showgirl* in England, Marilyn Monroe struggles to work with, and for, Sir Laurence Olivier. Based on the memoir by Colin Clark, an assistant for Olivier’s production company. Stars Michelle Williams and Kenneth Branagh who both received Oscar nominations for their performances.

**Friday, May 4<sup>th</sup>, 12:30-2:15, “Thurgood,”** (2011, TV-14) – Laurence Fishburne recreates his Tony-nominated performance in a one-man show portraying civil rights leader and first African-American Supreme Court Justice Thurgood Marshall. This HBO drama received three Emmy nominations.

## OUTREACH & SUPPORT SERVICES

We are available to help you find resources in the community to address many concerns related to aging. Call Bev, Outreach Coordinator, at 978-929-6652 for a confidential chat.

**Handyman Program:** Help for seniors with small repairs and simple household jobs.

**Friendly Visitors:** Volunteers visit seniors at home for about an hour each week. If you are interested in becoming a visitor or know someone who would enjoy visits, call Bev at the COA at 978-929-6652.

**Food Pantries and Community Suppers:** Call for a list of local area suppers and pantries. The **Acton Food Pantry** at 235 Summer Rd., Boxborough is open Wednesdays 10:00am-7:00pm except that it is closed on the 4<sup>th</sup> Wednesday of every month. Registration (ID and one bill with your name and address) required first visit.

**Home Care Services:** Please call the COA if you have questions on how to obtain home care services.

**Minuteman Senior Services**, our State Home Care, can be reached at 1-888-222-6171.

**NSTAR Program for Low Income Customers:** Low income customers have the opportunity to pay off their old arrearages for their gas and/or electric bills. For details call NSTAR at 1-866-315-2496.

**SNAP - Supplemental Nutrition Assistance Program** offers low-income seniors food assistance. Call Project Bread at 1-800-645-8333, M-F, 8:00-5:00 or visit [www.mass.gov/dta](http://www.mass.gov/dta).

### **Support Groups**

**Grief and Change** - A support group for adults grieving the loss of a loved one. Call 978-264-4666 for info.

*Wednesdays, 4/11, 5/9, 6/6, 3:00-4:00*, Inn at Robbins Brook with Rosalyn Mamluk, LCSW

**When the Heart Aches: Coping with Loss Support Group**



*Fridays, 4/27, 5/25, 6/22, 3:00-4:30*, Acton Senior Center with Allene Riley Kussin, MA, LPC

This group has already begun meeting. If you’d like more information please call Liz at 978-929-6652.

**Alzheimer’s, Memory Loss and Dementia Care Givers Support Group**

*4<sup>th</sup> Wednesday of each month, 4:00-5:30*, Inn at Robbins Brook with Eileen Lawson. Call 978-264-4666.

**Just a reminder...** Please refrain from wearing strongly scented perfumes or lotions as they can trigger allergies and respiratory issues for some participants. Thank you.

**Volunteer Opportunities** - Breakfast cleanup help needed once a month to bus and wash tables, clean dishes and wipe counters at the Senior Center. If you can help, please contact Bev at the COA at 978-929-6652. Lunch cleanup help is also need weekdays. Please contact Joy in the dining room at 978-263-5053.

## ONGOING ACTIVITIES

**FOR APRIL.....REGISTRATION BEGINS MONDAY, APRIL 2<sup>nd</sup> at 1:00**

### ► **Veterans Services Appointments**

*Tuesday, April 24<sup>th</sup> and every last Tuesday of each month, 12:00-1:45*

Veteran Services Officer James MacRae is available at the Senior Center to discuss veteran's benefits. Call the COA at 978-929-6652 for an appointment. Home visits are also available by calling James at 978-929-6614.

### ► **Intermediate Bridge Class with Electra Coumou**



*Wednesdays through April 18<sup>th</sup>, 2:30-4:30 (Call now as registration has already started.)*

Drop-in bridge will continue to meet on Mondays at 10:00.

### ► **Basic Drawing Class with Sue Funk (Call now as registration has already started.)**



*Mondays through April 30<sup>th</sup>, 9:30-11:00 (No class on April 9<sup>th</sup> and 16<sup>th</sup>)*

This class explores the fundamentals of drawing in a relaxed, informal atmosphere. We will study "how to" draw faces, bodies, landscapes, still lifes, and perspective. Bring the following: Sketchbook (at least 8x10), eraser, drawing pencils (No. 2 Ticonderoga recommended) and other media you want to explore. *Acton resident Sue Funk is an artist and certified teacher with experience teaching students of all ages.*

### ► **Art Awareness Program: Modern Masters**



*Thursdays, March 29<sup>th</sup> and April 5<sup>th</sup>, 1:00-2:00 (Call now as registration has already started.)*

The staff from ArtMatters continues with the series on modern masters. You will learn about their lives and see examples of their work in large museum-quality prints.

**March 29<sup>th</sup>, Picasso:** Whether you swear by him (or at him), he was undeniably the most successful and influential artist of the 20<sup>th</sup> century and was the man at the heart of modern art.

**April 5<sup>th</sup>, Chagall:** He was one of the most versatile artists of the 20<sup>th</sup> century. He merged the traditional images of his native Russian, Jewish culture with the modern styles of Cubism and Fauvism. His paintings portray stories and fables, ideals of freedom, dreams of love, nightmares of war, passionate emotions, and soul refreshing humor.

### ► **When the Heart Aches: Coping with Loss Support Group**



*Fridays, 4/27, 5/25, 6/22, 3:00-4:30*

This group has already begun meeting. If you'd like more information, please call Liz at 978-929-6652.

### ► **AARP Free Tax Preparation with Paul Motyka (Call now as registration has started.)**

*Tuesdays, through April 10<sup>th</sup>, 9:00-12:00*

*Thursdays, through April 12<sup>th</sup>, 1:00-4:00*

Free tax preparation for low and moderate income taxpayers through mid-April. Call the COA at 978-929-6652 for an appointment. The library also has appointments, call 978-929-6655. Please bring a copy of last year's Federal and State tax returns as well as all tax forms for 2011, including W2, 1099R, 1099DIV, 1099INT, 1099MISC, Social Security, mutual fund and brokerage statements. Consider applying for the Circuit Breaker tax credit. You may be eligible if you are 65+, own your home and your real estate taxes plus water and sewer bills are >10% of your annual income. Renters age 65+ (except those in subsidized housing) may also be eligible.

### **Memoir/Non-Fiction Writing Group facilitated by Chris Chirokas**

*Friday, April 13<sup>th</sup>, 11:00-12:00, meets in the living room*

Explore your life through writing - no experience necessary! Whether you are writing a memoir, your family history, a journal, or personal essays, come read your work to the group to receive feedback or learn from listening to others. Each meeting also has a particular focus, such as how to get started or finding your voice.

### **Genealogy Group**

*Friday, April 13<sup>th</sup>, 1:00-2:30*

Come experience one of the most popular hobbies around! Whether you are new to genealogy or an experienced family history sleuth, come share your research, seek advice or share your passion for family history.

► **Indicates that you must register in advance!**

## ONGOING ACTIVITIES - continued

**FOR APRIL.....REGISTRATION BEGINS MONDAY, APRIL 2<sup>nd</sup> at 1:00**

### **“The Bookies”**



***Monday, April 23<sup>rd</sup>, 1:00-2:00***

This month the group is reading *Martha Washington: An American Life* by Patricia Brady. Reserved copies of the book will be available at the Memorial Library, usually including a large-print edition. The Bookies meetings are always animated and interesting, so consider attending even if you haven't read the book!

### **► SHINE (Serving the Health Information Needs of Elders)**

***Mondays, 1:30-3:30 (No appointments on 4/16)***

For questions regarding health insurance or prescription coverage call the COA office 978-929-6652 for an appt.

### **Computer Club**

***Fridays, April 13<sup>th</sup> and 27<sup>th</sup>, 10:00-11:30***

***Wednesdays, April 4<sup>th</sup> and 18<sup>th</sup> and May 2<sup>nd</sup>, 1:30-3:00***

Meetings may be self-directed or they may have a leader depending on availability.

**Please see the Monthly Calendar on page 11 for days and times of the following groups: Poker, Tile & Board Games, Drop-in Pool, Yarn & Thread Ladies (Crafting Group), Drop-in Bridge.** Regularly occurring groups and drop-in activities are sometimes canceled due to space constraints. Call if you're unsure.

**► Indicates that you must register in advance!**

## **Thank You**

...to the Lions Club for another wonderful St. Patrick's Day luncheon for Acton and Boxborough seniors. If you attended and would like to send a thank you to the Lions Club, the address is P.O. Box 2391 in Acton.

... to Mindy Bloom for providing “Ask the Nurse” consultations and talks on living wills and healthcare proxies during her all-too-brief internship here at the COA.

... to Linda O'Neil for revitalizing the flower pots by the front entrance and the centerpieces for St. Patty's Day.

## TRANSPORTATION

**The COA encourages you to register with the LRTA Roadrunner van. Please call the LRTA at 1-800-589-5782 or visit [www.lrta.com](http://www.lrta.com) for an application or call the COA at 978-929-6652 and we can get one to you.**

### **► Rides to Westford Market Basket**

***Thursdays, April 12<sup>th</sup> and 26<sup>th</sup>, 1:00-3:00, leaving and returning to the Senior Center***

We will be taking the COA van to Westford's Market Basket to grocery shop. You will have about 1 hour to shop at Market Basket only. Please limit your purchases to what you can comfortably carry. Call the COA at least 2 days ahead to reserve a spot. Space is limited. Cost for the round trip is \$3. If you need a ride to the senior center please call Judy in the mornings 8-11 up to 2 weeks in advance.



**COA Senior Van** runs Monday thru Friday, 8:00-4:00. The van runs until 3:45 pm in-town and 3:30 pm for out-of-town rides. The last ride in the morning is at 11:30 and the first ride after lunch is at 12:30. For a reservation call 978-929-6652 between **8:00-11:00** at least one day in advance. When you call please have the name, telephone number and address of your destination. One-way in town is \$1.00; one-way into Concord or Maynard is \$1.50.

**MinuteVan Dial-a-Ride Shuttle Service** runs Monday-Friday, 8:00-11:00 am and 3:00-8:00 pm. Rides must be scheduled at least 24 hours ahead by calling 978-844-6809 weekdays 8:30-10:30am. Rides are \$2 in town and \$4 out of town. Rides are anywhere in Acton and certain locations in Concord, Maynard and Boxboro.

**LRTA Road Runner Van** runs Monday through Friday, 8:00-3:30. In addition to rides in Acton, Concord and Maynard, on Fridays the Road Runner offers rides along Route 110 in Westford including Emerson Health Care Center and Market Basket. All rides must be scheduled at least 2 days ahead of time. You *must* be pre-registered with the LRTA. Forms are available at the COA or from the LRTA at 1-800-589-5782.



## **FUEL ASSISTANCE**

### **South Middlesex Opportunity Council (SMOC) Low Income Home Energy Fuel Assistance**

The fuel program runs through April 30<sup>th</sup>. To qualify, a household of one must have an income no greater than \$31,218 or a household of two must have an income no greater than \$40,824. Call Beverly at 978-929-6652.

**Emergency Fuel Assistance Fund** - Managed by the Friends of the COA. Contact Sharon at the COA.

**Citizens Energy Heat Assistance** - You may be eligible if you are facing a financial hardship and do not qualify for SMOC or have used up your SMOC benefits. For more on Citizens Energy oil heat call 887-563-4645 or the Distrigas program call 1-866-427-9918. Citizen's Oil has been experiencing a high volume of calls so if your call does not go through please keep trying.

**Good Neighbor/Salvation Army Energy Fund** is for those facing a short-term financial crisis and do not qualify for other fuel assistance programs. You may be eligible if you have not received other government energy assistance and you meet the guidelines (a household of one must have an income range of \$31,218-\$41,624 or a household of two must have an income range of \$40,824-\$54,432). Call Bev at the COA to apply.

## **AROUND TOWN...AND BEYOND**

**Town Clerk's Office** - *Monday, April 2<sup>nd</sup>* - Annual Town Meeting begins at 7:30 pm.

### **32<sup>nd</sup> Annual Senior Conference with Senator Jamie Eldridge**

*Thursday, April 19<sup>th</sup>, 9:00am, Assabet Valley Regional High School, Marlborough*

Come for a day of workshops, entertainment, exhibits, prizes and free lunch. Stop by the COA office for a ticket.

### **5<sup>th</sup> Annual Wellness University – Free Event**

*Saturday, March 31<sup>st</sup>, 9:00-2:00* at ABRHS. Classes on nutrition, healthy living, fitness, etc. Information on local health and wellness services, health care, fitness, nutrition. To register call the Health Dept. at 978-929-6632.

### **Acton-Boxborough Community Education - Arnold Arboretum Trip with lunch at the Chateau**

*Wednesday, May 9<sup>th</sup>, 9:00-3:30*, departs KMart lot. Cost is \$55. Call now to register at 978-266-2525.

**Acton Recreation Department's** Spring/Summer Program offerings are out. If you did not receive one, you can request one by calling 978-929-6640 ext. 0 or via email at [recreation@acton-ma.gov](mailto:recreation@acton-ma.gov). Classes range from Arts & Crafts to Zumba, and bus trips to classical concerts. Visit [www.acton-ma.gov/recreation](http://www.acton-ma.gov/recreation) for information.

### **Concord Band's Spring Pops Concert**

*Friday, April 13<sup>th</sup> and Saturday, April 14<sup>th</sup>, 8:00pm*, at 51 Walden St., Concord Call 978-897-9969.

### **Concord Players Presents Senior Dress Rehearsal of Little Women**

*Thursday, April 26<sup>th</sup>, 8:00pm*, Tickets are \$5 at the door.

**Mt. Calvary Community Supper** at 472 Massachusetts Ave.

*Wednesdays, April 11<sup>th</sup> and 25<sup>th</sup>, 5:00-6:00pm* Free. Everyone welcome.

**Mt. Calvary Lutheran Church Senior Lunch** at 472 Massachusetts Ave.

*Thursday, April 26<sup>th</sup>, 12:15 -1:30* Donation suggested. Call 978-263-5156.

**Indian Hill Music**, 36 King Street, Littleton. Visit [www.indianhillmusic.org](http://www.indianhillmusic.org) or 978-486-9524 for information.

*Bach's Lunch Concert - Thursday, April 19<sup>th</sup>, 11:00 and 1:30*, Free admission.

### **► AB Regional High School Senior Class Community Service Raking Day**

*Friday, April 27<sup>th</sup>, various times during the day*

Every spring the graduating class spends a day doing community service. If you would like a group to rake, call the COA beginning Monday, April 2<sup>nd</sup> at 1:00. **Requests will be filled on a first come first served basis.** Students will bring their own rakes when possible. All equipment loaned to rakers is the homeowner's responsibility. A responsible adult must be home the day of the raking. Yard debris cannot be removed but can be bagged (provided by the homeowner), piled or raked to a designated area. If you'd like to make a donation for the raking you may send it to ABRHS (Community Service Fund); c/o Kay Steeves, 36 Charter Rd, Acton, MA.

Please return with your tax-deductible gift payable to:  
**The Friends of the Acton Council on Aging**  
**P.O. Box 2006, Acton, MA 01720**

Your Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Gift Amount: \_\_\_\_\_

In honor of: \_\_\_\_\_

Address: \_\_\_\_\_

In memory of: \_\_\_\_\_

Acknowledge the gift to: \_\_\_\_\_

Address: \_\_\_\_\_

## FROM THE FRIENDS OF THE COA

A reminder...

The Friends are conducting our annual appeal to all Acton seniors. This is the major source of our income and with it we help fund a wide array of classes and programs at the Senior Center. If you were meaning to contribute but haven't gotten around to it yet, we are including a donation slip in this Bulletin. For your convenience, donation slips and addressed envelopes are also available on the piano in the living room and in the conversation area of the dining room.

Our thanks to all who have responded generously.



Monthly breakfast by Gaining Ground.



Poetry workshop attendees.



Waiting for exercise signups to begin.

<b>April</b>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<b>2012</b>
	<b>2</b>	<b>3</b> 8:30-9:30 Stretch/Flex Begins 9:00-11:30 Ask the Nurse 9:30-11:00 Basic Drawing 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00-3:00 Drop-in Pool <b>1:00 Registration Begins</b> 1:30-3:30 SHINE	<b>4</b> 8:30-9:30 Cardio Flex Begins 8:45 Walking Group at NARA 9:00-10:30 Drop-in Watercolor 9:00-11:30 Ask the Nurse 10:00-10:30 Balance Class Begins 10:45-12:00 Yoga 12:30-2:00 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Bridge Class	<b>5</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Balance Class Begins 1:00-4:00 Tax Appointments 1:00-2:00 Art Matters - last	<b>6</b> 8:30-9:30 Cardio Flex 12:30-2:10 Movie 1:00-4:30 Poker	
<b>9</b> 8:30-9:30 Stretch/Flex 9:00-11:30 Ask the Nurse 9:30-11 Drop-in Art 10-12 Bridge 11:45 Town Employee Lunch 12:30-1:15 Walking at COA 12:30-1:00 File of Life Talk 1:00-2:00 Supreme Court Program 1:30-3:30 SHINE 1:30 Friend of COA Meeting 3:45 COA Board Meeting		<b>10</b> 8:15-11:30 Podiatry Clinic 8:30-9:30 Cardio Flex 9:00-12:00 Tax Appointments 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor	<b>11</b> 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor Begins 10:00-10:30 Balance Class 10:45-11:45 Digestion Program 11:45 Birthday/Special Lunch 12:30-2:00 Yarn & Thread Ladies 1:00 Drop-in Pool 2:30-4:30 Bridge Class	<b>12</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Balance Class 1:00-4:00 Tax Appointments 1:00-3:00 Van to Market Basket 1:00-2:00 African Slideshow	<b>13</b> 8:30-9:30 Cardio Flex 10:00-10:45 Zumba - last 10:00-12:00 Hearing Tests 10:00-11:30 Computer Club 11:00-12:00 Memoir Writing 1:00-4:30 Poker 1:00-2:30 Genealogy	
<b>16</b>  <b>COA CLOSED</b> <b>Patriot's Day</b>		<b>17</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 11:45 Robbins Brook Lunch 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor	<b>18</b> 8:30 Blithewold Trip 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor Class 10:00-10:30 Balance Class 10:45-12:00 Yoga 12:15-1:15 Bone Loss Talk 12:30-2:00 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Bridge Class - last	<b>19</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Balance Class 12:30-1:50 Movie	<b>20</b> 8:30-9:30 Cardio Flex 9:00 Monthly Breakfast 9:30-10:00 Water District Talk 10:00-11:30 Nat'l Healthcare Decision Day Resource Table 12:30-2:35 Movie 1:00-4:30 Poker	
<b>23</b> 8:30-9:30 Stretch/Flex 9:30-11:00 Basic Drawing 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00-2:00 Book Group Meeting 1:00-2:00 Supreme Court Program 1:30-3:30 SHINE		<b>24</b> 8:30-9:30 Cardio Flex 8:30 Newsletter Mailing 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:00-1:45 Vet Agent Appts. 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor	<b>25</b> 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor Class 10:00-10:30 Balance Class 10:45-12:00 Yoga 12:30-2:00 Yarn & Thread Ladies 1:00 Drop-in Pool 2:30 Drop-in Bridge	<b>26</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Balance Class 1:00-2:00 Poetry Reading 1:00-3:00 Van to Market Basket	<b>27</b> AB Senior Raking Day 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-10:45 Zumba Begins 12:30-2:10 Movie 1:00-4:30 Poker 3:00-4:30 Coping with Loss	
<b>30</b> 8:30-9:30 Stretch/Flex 9:30-11:00 Basic Drawing - last 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00-3:00 Drop-in Pool <b>1:00 Registration Begins</b> 1:30-3:30 SHINE		<b>May 1</b> 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor	<b>2</b> 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor Class 10:00-10:30 Balance Class 10:45-12:00 Yoga 12:30-2:00 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	<b>3</b> 8:30-9:30 Cardio 9:45-10:45 Stretch/Tone 11:00-12:00 Cont. Tai Chi 11:00-11:30 Balance Class	<b>4</b> 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-10:45 Zumba 12:15 Art in Bloom Trip 12:30-2:15 Movie 1:00-4:30 Poker	

## From Officer Ray Grey: An Elderly Scam Alert



concerning seniors being victimized by scam artists who call pretending to be a grandson or granddaughter in need of money. In most cases they claim it's due to an emergency hospitalization or legal troubles. They are very convincing and implore the senior not to call their parents. Please call Officer Grey at 978-929-7517 if you have been targeted by this scam. You should also let the caller know you are aware of similar scams and then hang up.

## Consider Receiving Your Newsletter by Email

For every household using email to receive the newsletter, the COA saves about \$6.00 a year. For more information or to switch to the email list, call Judy at 978-929-6652 or email [jpeters@acton-ma.gov](mailto:jpeters@acton-ma.gov). Thank you!

## MinuteVan Offers Free Rides to Town Meeting

which begins on Monday, April 2<sup>nd</sup>. Please call 978-844-6809 by Thursday the 29<sup>th</sup> to schedule a ride. The van is handicapped accessible.



Activities with this symbol are partially or fully funded by your donations to the Friends of the Acton COA.

## The Friends of the COA

### Friends Fundraiser Thursday, April 19<sup>th</sup>

Acton Woods Plaza has set aside one day each month to support local non-profit organizations. They have selected the Friends of the Acton COA as the recipient for April.

Non-retail businesses will make a pre-determined donation and the following retailers will donate a portion of the day's revenue: Acton Coffee House, CambridgeWear, JoKaren Lingerie, Kitchen Outfitters and Woolpack. In addition, Quickcuts will donate \$2 for every haircut and Enterprise Bank and First Rugs will make cash donations.

A purchase at these stores on April 19<sup>th</sup> will support the Friends. Please put it on your calendar.

## SENIOR CENTER CLINICS

in conjunction with the Acton Public Health Nursing Service

### **Podiatry Clinic: Tuesday, April 10<sup>th</sup>, 8:15-11:30 with Dr. Ayleen Gregorian**

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$25 fee may be waived in cases of hardship. Appointments call 978-929-6650. *Funded by Friends of the Acton Nursing Service.*

### **Blood Pressure & Wellness Clinic: Tuesdays, April 10<sup>th</sup> and 24<sup>th</sup>, 9:30-11:30**

The Acton Public Health Nursing Service will have a Registered Nurse available to check blood pressure, pulse, weight, and discuss any medication, nutritional or health related questions. No appointment necessary.

PRSRT STD  
U.S. Postage Paid  
Acton, MA 01720  
Permit #67

Acton Council on Aging  
Town Hall, 472 Main Street  
Acton, MA 01720  
Return Service Requested

#### ACTON COA STAFF

Sharon Mercurio, Director  
Judy Peters, Assistant to the Director/Van Dispatcher  
Chris Chirokas, Program Coordinator  
Bev Hutchings, Outreach/Volunteer Coordinator  
Mary Lou Repucci, Staff Assistant  
Priscilla Cotter, Van Driver  
Ron Paskavitz, Van Driver  
Liz Jewell, Health and Wellness Coordinator

#### ACTON COA BOARD MEMBERS

Barbara Tallone, Chair	Jim Papachristos
Charlie Aaronson, Vice Chair	Sally Thompson
Stephen Baran	Paul Turner
Ann Corcoran	Barbara Willson
Pat Ellis	

Acton COA Board will meet on Monday, April 9<sup>th</sup> @ 3:45  
Friends of the Acton COA will meet on Monday, April 9<sup>th</sup> @ 1:30